

## Water Fitness

**Aqua Motion:** A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. This is a great class if you have arthritis, joint limitations or replacements.

**LRC & Centennial Pool**

**Aqua Power:** A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs! **LRC**

**Arthritis Aquatic:** Developed especially for people with arthritis, this class helps many stay fit while reducing arthritis pain. The instructor is Arthritis Foundation certified and keeps the class interesting and the routines safe. **LRC**

**Deep H2O Aerobics:** A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided for those who want extra support or are uncomfortable in deep water.

**LRC & Centennial Pool**

**H2O Fitness:** A high intensity combination aerobic class involving different workouts (Aqua Step, Kickboxing, Circuit Training). A great class for those who like a lot of variety and enjoy using different equipment in their aquatic workout. **LRC**

**Hydro2ga\*\*:** A no impact, high resistance, deep water exercise program that does not use floatation devices. Hydro2ga encourages mind/body connection, breath awareness and core alignment. The underwater exercises done in this program build strength and a fun way to fulfill your exercise needs. Most Sundays 12-1pm. Please call for dates and fees (303-651-8406).

**Centennial Pool**

**Masters Swimming:** Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop. **LRC & Centennial Pool**

**Beginning Masters Swimming:** Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop. **Centennial Pool**

**Morning Fitness:** Start your days off right with a great, fun workout! Aerobic conditioning is what this class is all about. **LRC**

**Natal by Sea:** A low impact aerobics class for expectant and new mothers. Increase your cardiovascular resistance as well as tone, condition and strengthen muscles used during pregnancy, birth and recovery. **LRC**

**Nite Fit:** Want to work out in a quiet, supportive atmosphere? Nite Fits main purpose is to give beginning fitness level participants a class that will support your goals. Workouts begin with 25 minutes of land doing strength and toning and moving to the pool for 30 minutes of deep water aerobics.

**Centennial Pool**

## Land Fitness



**Abs & Arms:** Upper body and core training at its finest! 45 minutes is all you need to work these areas to fatigue. **LRC**

**Ballblast:** Using a fitball, discover the new way to train your body while developing strength, increasing flexibility and toning your muscles. **LRC**

**Boot Camp:** No Choreography, but driving music for high intensity interval sports conditioning, running, plyometrics and calisthenics. **LRC**

**Butts & Guts:** Lower body and core training at its finest! One hour is all you need to work these areas to fatigue. **LRC**

**Cardio Kickboxing:** Kickboxing moves and other heart-pumping cardio exercises, incorporated with alternating periods of higher and lower levels of intensity. **LRC**

**Cardio/Sculpt:** A powerful cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises. **LRC & Memorial Building**

**Core:** A core class using body weight and mechanics to get fit, strong and balanced in your life. **Memorial Building**

**ETC (Extensive Total Conditioning):** Challenge your body to this advanced conditioning class that adapts and changes to reshape and refine your entire body. **LRC**

**Indoor Cycling:** No impact, high intensity stationary bike workout. Instructor leads class with music over varying terrain. (45-minutes) **LRC & Centennial Pool (1hr)**

**Jazzercise \$\$:** Aerobics dance, Yoga, Pilates and Kickboxing movements set into a fun routine. All fitness levels welcome. (Please check in with Jazzercise – a separate table will be set up for them). For more information call 720-494-0312.

**LRC & Memorial Building**

<b>\$32</b>	Electronic Funds Transfer Per Month + \$30 Joining Fee
<b>\$80</b>	8 Weeks Pass + \$30 Joining Fee
<b>\$7</b>	One class-walk in

**Latin Aerobics:** A Latin American dance fitness class that will challenge your cardio and coordination skills. Dance styles include Salsa, Rumba, Samba and Flamenco. No dance partner required. **LRC & Memorial Building**

**NIA:** (Neuromuscular Integrative Action) A dynamic cardiovascular workout combining dance, martial arts and yoga. This joyous barefoot blend class promotes fitness, vitality and a sense of well being. **LRC**

**Gentle NIA:** A Self-guided, adaptable and safe form of dance. NIA addresses the whole person using a comprehensive, holistic exercise approach designed with a combination of classic movement forms: Martial Arts, Dance Arts and Healing Arts. **Memorial Building**

## Fitness Fees

<u>Drop-In</u>	<u>Res / Non-Res</u>
Adult 18-54 yrs	\$4.50 / \$5.75
Senior 55+ yrs	\$3.50 / \$4.50
Teen 16-17 yrs	\$3.50 / \$4.50

## Babysitting – Longmont Rec Center:

Monday-Friday	8:00am-1:30pm
Monday-Thursday	4:00pm-8:00pm
Saturday	8:00am-1:00pm
Sunday	8:30am-1:00pm

**Most of our classes are free with a Facility Punch Pass, Quarterly Pass or Annual Pass.**

**Classes with \$\$ means you must Pre-Register or pay a higher Drop-In Fee.**

***Most of our fitness classes are for people 16+ years. If you are younger please check with the instructor of that class to see if you may join.***

## Land Fitness Continues

**Meditative NIA:** Class using breath work, simple choreography, and inspiring music to enhance the mind-body connection...an important time of guided reflection and a great way to start the week! **LRC**

**New to NIA?:** Ever wonder what NIA is about? In this special class you'll learn the theory and steps you'll see in any NIA class. With this knowledge and experience you'll feel more comfortable in any NIA class. Free with regular facility admission. **LRC** (3rd Saturday of each Month, Mar 20, Apr 17 & May 15 / Time 1-2:15pm) Instructor: Marcia Babcock

**Family NIA:** Share the fun and playfulness of your NIA class with your children. It's a fun, cardiovascular, energizing, and creative way to spend time with your family! Ages 5+, all children must be accompanied by an adult. **LRC** (1st Saturday of each Month, Mar 6 & May 1 Time 1-2:15pm) Instructor: Marcia Babcock

**Pilates for Everybody, Basic Mat Class:** You will learn to strengthen your core muscles and ease back pain. This class offers modifications for all fitness levels from beginning to advanced. Throughout the session we incorporate various added tools to work deeper into the abdomen, keeping the class new and exciting. Fridays, 9am-10am Mar 5 - Apr 16. **LRC** Instructor: Trina Theisen **Fee: \$60.00 Res / \$75.00 Non-Res Drop-In: \$12.00 Res / \$15.00 Non-Res**

**Pilyoga:** A sculpting and stretching class using a combination of Yoga poses and Pilates core conditioning. **LRC, Memorial Building & Centennial Pool**

**Power of 3: Cardio-Sculpt-Stretch.** A primarily low-impact class that maximizes your workout with weekly variety. The cardio segment can include Step, Ball, Bikes, Weights, Dance and Power Walking; sculpting section can feature fit-balls, bands, Pilates-moves, weights, and/or steps; the extra long stretch is designed to increase flexibility and reduce muscle soreness. Get all three components of great fitness in one-hour long workout. **Memorial Building**

**Pure & Simple Stretch:** A class of only stretching and flexibility training. (45 minutes) **Memorial Building**

**Sculpt & Tone:** A sculpting class for beginners to intermediate that keeps moving from one exercise to another. **LRC & Memorial Building**

**Step/Step & Condition:** A low impact aerobic class with step choreography on 4"-8" high step platform. Interval format includes alternating steps and weights/sculpting. **LRC & Memorial Building**

**Tai Chi:** Combines fluid movements of upper and lower body to produce a subtle and powerful full-body exercise. You will learn a set of moves that compose the "24 Form" of the Yang Style. **LRC** Instructor: Marcia Babcock

**Triathlon Series:** Join coach Jim for Tri bikes, runs and core classes to prepare you or keep you ready and motivated for multisport adventures. Technique work is integrated throughout the week. Participants are raving at the success they have been able to achieve and the results they have seen through this program. Classes are geared for all levels, by adjusting workouts within the group. Participants may do the full weeks worth of classes or do a few as time and rest days permit. Tri classes are geared to improve both running and biking technique, as well as give guidance toward a systematic approach to training. (Tri-Bike, Core Strength, Tri-Run) **Centennial Pool**

# Fitness Schedule

## City of Longmont Recreation Services

### Spring 2010

(ALL TIMES/CLASSES ARE SUBJECT TO CHANGE)



1 Beginner    W Water  
2 Intermediate    A All levels  
# Advanced

**Longmont Recreation Center (LRC)**  
(310 Quail Rd / 303-774-4800)

# March 2010

Centennial Pool (1201 Alpine St. / 303-651-8406)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Indoor Cycling (45 Min) <u>A</u>		Indoor Cycling (45 Min) <u>A</u>			
6:00 AM	Indoor Cycling (45 Min) <u>A</u>	Boot Camp <u>#</u>	Indoor Cycling (45 Min) <u>A</u>	Boot Camp <u>#</u>	Indoor Cycling (45 Min) <u>A</u>		
7:00 AM	Abs & Arms (45 Min) <u>A</u>	6:30 AM Indoor Cycling (45 Min) <u>A</u>	Abs & Arms (45 Min) <u>A</u>	6:30 AM Indoor Cycling (45 Min) <u>A</u>		Cardio Kick Boxing <u>#</u>	
7:30 AM	Aqua Motion <u>W</u>	Aqua Motion <u>W</u>	Aqua Motion <u>W</u>	Aqua Motion <u>W</u>	Aqua Motion <u>W</u>		Butts & Gutts <u>2</u>
8:00 AM	\$\$ Jazzercise	Butts & Gutts <u>2</u>	\$\$ Jazzercise	Butts & Gutts <u>2</u>	\$\$ Jazzercise		
	Ballblast (45 Min) <u>2</u>		Pilyoga (45 Min) <u>2</u>		Ballblast (45 Min) <u>2</u>		
8:30 AM	Arthritis Aqua <u>W</u>	8:20 AM \$\$ Jazzercise Body Sculpt		8:20 AM \$\$ Jazzercise Body Sculpt		8:10 AM Indoor Cycling (45 Min) <u>A</u>	8:45 AM Cardio Kick Boxing <u>#</u>
			Arthritis Aqua <u>W</u>				
9:00 AM	Morning Fitness <u>W</u>	Aqua Power <u>W</u>	H2O Fitness <u>W</u>	Aqua Power <u>W</u>	Morning Fitness <u>W</u>	Natal by Sea <u>W</u>	
	Cardio Kick Boxing <u>#</u>		Cardio Kick Boxing <u>#</u>		Cardio/Sculpt <u>2</u>	9:05 AM Cardio Kick Boxing <u>#</u>	
9:15 AM	\$\$ Jazzercise	\$\$ Jazzercise Step <u>#</u>	\$\$ Jazzercise	\$\$ Jazzercise Step <u>#</u>	\$\$ Jazzercise		
10:15 AM	Sculpt & Tone <u>2</u>		Sculpt & Tone <u>2</u>		ETC <u>#</u>	NIA (75 Min) <u>A</u>	10:00 AM <u>2</u> Cardio/Sculpt
10:30 AM		Sculpt & Tone <u>2</u>		Sculpt & Tone <u>2</u>		11:45 AM Cardio/Sculpt <u>2</u>	11:15 AM NIA (75 Min) <u>A</u>
12:00 PM	Deep H2O Aerobics <u>W</u>	Masters Swimming <u>W</u>	Deep H2O Aerobics <u>W</u>	Masters Swimming <u>W</u>	Deep H2O Aerobics <u>W</u>	1:00-2:15 PM New to NIA <u>A</u> Mar 20, Apr 17 & May 15	1:00 PM <u>A</u> Meditative NIA (75 Min)
	Cardio/Sculpt <u>2</u>		NIA (75 Min) <u>A</u>		Latin Aerobics <u>L</u>		
12:15 PM			Tai Chi <u>L</u>		Tai Chi <u>L</u>	Family NIA <u>A</u> Mar 6 & May 1	
4:15 PM		Cardio/Sculpt <u>2</u>		Cardio/Sculpt <u>2</u>			
4:30 PM	Indoor Cycling (45 Min) <u>A</u>		Indoor Cycling (45 Min) <u>A</u>		Butts & Gutts <u>2</u>		Latin Aerobics <u>L</u>
5:30 PM	Indoor Cycling (45 Min) <u>A</u>	Sculpt & Tone <u>2</u>	Indoor Cycling (45 Min) <u>A</u>	Latin Aerobics <u>L</u>		Most of our classes are free with a Facility Punch Pass, Quarterly Pass or Annual Pass.	
	Boot Camp <u>#</u>	Pilyoga <u>L</u>	Boot Camp <u>#</u>	Pilyoga <u>L</u>	Boot Camp <u>#</u>		
6:00 PM	Deep H2O Aerobics <u>W</u>	Natal by Sea <u>W</u>	Deep H2O Aerobics <u>W</u>	Natal by Sea <u>W</u>	NIA (75 Min) <u>A</u>	Classes with \$\$ means you <b>MUST</b> Pre-Register or Pay a Higher Drop-In Fee.	
6:30 PM	NIA (75 Min) <u>A</u>	Pilyoga <u>L</u>	Cardio/Sculpt <u>2</u>	Pilyoga <u>L</u>		Personal Trainers are available Please ask for a Personal Trainer Packet.	
		Masters Swimming <u>W</u>		Masters Swimming <u>W</u>			
		NIA (75 Min) <u>A</u>		NIA (75 Min) <u>A</u>			

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Core <u>#</u>				Tri-Bike <u>A</u>		
6:00 AM	Masters Swimming <u>W</u>		Masters Swimming <u>W</u>				
7:00 AM						6:45 AM Masters Swimming <u>W</u> 7:00 AM Enduro Bike (1.5 Hours) <u>A</u>	
8:00 AM		Pure & Simple Stretch (45 Min) <u>L</u>					
9:00 AM	Deep H2O <u>W</u>	Deep H2O <u>W</u>	Deep H2O <u>W</u>	Deep H2O <u>W</u>	Deep H2O <u>W</u>		
12:00 PM		Deep H2O <u>W</u>	Core <u>#</u>				Hydroga <u>W</u>
6:00 PM		Indoor Cycling		Indoor Cycling			
7:30 PM		Beginning Masters <u>W</u>		Beginning Masters <u>W</u>			
8:00 PM		Nite Fit <u>A</u>		Nite Fit <u>A</u>			

**St. Vrain Memorial Building(700 Longs Peak Ave. / 303-651-8404)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cardio / Sculpt <u>2</u>	Sculpt & Tone <u>2</u>	Cardio / Sculpt <u>2</u>	Sculpt & Tone <u>2</u>	Cardio / Sculpt <u>2</u>	
8:00 AM	Gentle NIA <u>A</u>		Gentle NIA <u>A</u>	<b>Taste of Therapy Wellness Fair</b> Izaak Walton Clubhouse, 18 South Sunset (303-651-8404) <b>Saturdays</b> March 13 10am-1pm April 10 (9am-3pm Mem. Bldg.)		Step & Condition <u>2</u>  \$\$ Jazzercise
9:15 AM	Power of 3 <u>L</u>		Power of 3 <u>L</u>		Power of 3 <u>L</u>	Pilyoga <u>L</u>
10:45 AM	Latin Aerobics <u>L</u>				10:15 Pure & Simple Stretch (45 Min) <u>L</u>	
12:00 PM	Pilyoga <u>L</u>	Ballblast (45 Min) <u>2</u>	\$\$ Yoga for Health	Pilyoga <u>L</u>	Latin Aerobics <u>L</u>	
1:00 PM		\$\$ Yoga for Hips & Lower Back			<b>Reminder:</b> Most of our classes are free with a Facility Punch Pass, Quarterly Pass or Annual Pass.  Classes with \$\$ means you <b>MUST</b> Pre-Register or pay a higher Drop-In fee.	
5:15 PM		\$\$ Yoga for Health				
5:30 PM		\$\$ Jazzercise		\$\$ Jazzercise Power of 3 <u>L</u>		
5:45 PM	Step & Condition <u>2</u>		Step & Condition <u>2</u>			